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Canada to allow return of suspect

COURTS Canada will comply with a court order compelling it to allow the return of an alleged terror suspect who has spent the last six years in Sudan, Justice Minister Rob Nicholson said Thursday.



A Federal Court judge ruled on June 4 that Ottawa had to arrange the return of Abousfi-an Abdelrazik, a Canadian man currently taking refuge in the country's embassy in Sudan.

The Conservative government has until now refused offer assistance or issue a passport to Abdelrazik, who is on a United Nations no-fly list that names him as an associate of al-Qaida.

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Edmonton and Canada. This is also a Call to Action for you to send us your suggestions at edmontonletters@metronews.ca, metronews.ca or on Twitter @metroedmonton.

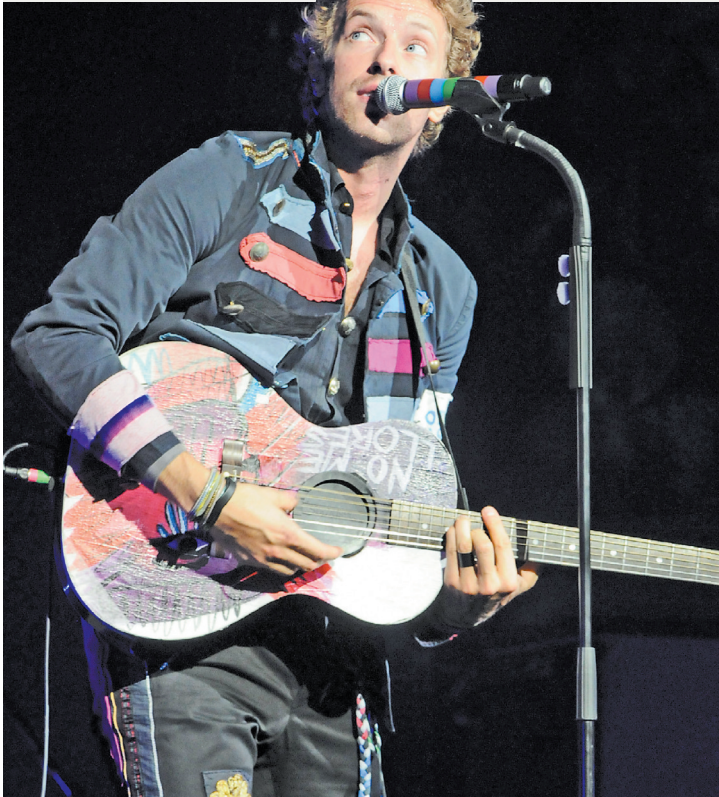
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• See what other Metro readers are doing and saying about SunnySide

On the web

Stay informed:
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Rexall Place

Coldplay rocks



Chris Martin of Coldplay serenades the Rexall Place faithful Thursday night. The British rockers played to a sold-out crowd last night.

MP calls for random DUI tests

DRUNK DRIVING Canadian motorists should be given random roadside tests to help combat impaired driving, a parliamentary committee recommends.

Conservative MP Ed Fast (Abbotsford), chair of the justice and human rights committee, said yesterday even though the move might be controversial, something has to be done because impaired driving remains the No. 1 criminal cause of death in Canada.

Currently, the law requires reasonable grounds before police can adminis-

ter a breathalyzer, but under the committee proposal that requirement would disappear.

Fast told a press conference the all-party committee decided random checks like those used elsewhere, including Ireland and Australia, would be the most effective deterrent available to stop motorists from driving after drinking.

"The committee has concluded that randomized breath testing is the most effective deterrent tool available to the police. It increases the probability of

an impaired driver coming into contact with police and therefore increases the risk of being caught," he said.

In its report tabled in the House of Commons yesterday, the committee said random checks would reinforce that driving is a privilege and not a right. However, Fast noted there is little doubt it would face a constitutional challenge.

TORSTAR NEWS SERVICE

ShareYourViews

edmontonletters@metronews.ca

Ward appears in court

Boy is second youth in care facing murder rap

VICTORIA HANDYSIDES
victoria.handysides@metronews.ca

A lanky, 16-year-old boy stood stoic in a courtroom Thursday, appearing on second-degree murder charges in the death of Curtis Osterlund.

Osterlund, a 39-year-old mechanic, was found stabbed to death in the parking lot of Londonderry Junior High last weekend.

The youth, who is a ward of the province, was found at a home on 94 Street and 120 Avenue. He was arrested and charged with second-degree murder and possession of an offensive weapon.

The boy is the second youth in the province's care to be charged with murder in recent weeks. Last week, two 14-year-old boys appeared via closed-circuit television in a Sherwood Park courtroom in connection with the murders of Barry Boenke, 68, and Susan Trudel, 50.

Six youths, ranging in ages 14 to 19, have been charged in connection with six of the last 10 homicides in the Edmonton area.

A Grant MacEwan criminologist says there's a trend of youths being connected to violent crimes.

"These kids know they're just going to get a slap on the wrist," Bill Pitt said. "... they're playing the system something wicked."

Troubled youth are slipping through the cracks, he said, adding careful placement of criminal youth, institutionalization, and revisions to the Youth Criminal Justice Act, including harsher penalties for murder may quell the

"We're starting to see a knock on the door that something is wrong here."

Bill Pitt, criminologist

alarming pattern.

"We're starting to see a knock on the door that something is wrong here," he said. "These kids grow up very quickly, and some of them are just damn well not wanted. We see a theme of rejection and abandonment with violent criminals."

Child and Family Services officials did confirm the youth was under guardianship of the province, but was living with family at the time of the stabbing.

Homicide Det. Bill Clark said the accused has been unco-operative with police and "invoked his right to remain silent."

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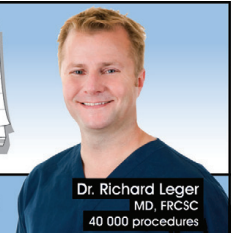


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In one week, the Edmonton International Jazz Festival invites the city to find its jazz June 26 to July 5 in venues throughout Edmonton. For tickets and more information about the Edmonton International Jazz Festival, please visit edmontonjazz.com. **METRO EDMONTON**

Local



Learn about Shakespeare

Freewill Shakespeare Festival will host weeklong camps for Shakespeare fans at the Hawrelak Park from July 6-25. Camps feature interactive instruction from professional instructors and members of the festival company. Focusing on the Festival's main stage production of *Comedy of Errors*, Freewill campers will enjoy instruction on story, text, character development, design and stage fighting.

METRO EDMONTON

No apology from Evans

Finance minister tries to clarify comments she made about parenting

VICTORIA HANDSIDES
victoria.handisodes@metronews.ca

Uproar sparked by Iris Evans' remarks on proper parenting inspired the finance minister to clarify Thursday, though she did not apologize.

In a speech on Alberta's economy to the Economic Club of Canada Wednesday, Evans made mention of

children's financial understanding and parenting.

"They've understood perfectly well that when you're raising children, you don't both go off to work and leave them for somebody else to raise," she said Wednesday. "This is not a statement against daycare. It's a statement about their belief in the importance of raising children properly."

Evans declined media in-

"She isn't truly sorry for what she said."

Michael Spears,
Liberal spokesman

terviews, but prepared a statement.

"I understand some people were offended by some of what I said. I did not intend to suggest there is only one way to raise a child,"

Evans said in the statement released Thursday.

She claimed the original remarks were aimed at understanding money and finance "starts at home, not in schools," and that her comments were a personal reflection on her experience raising three sons.

She added that she's worked for most of her life while raising children, and realizes every family unit

and situation is unique, while crediting parents who are forced to make difficult decisions.

The Alberta Liberals, outraged at Evans' comments, called for her resignation, claiming her clarification was "half-hearted."

"It's not particularly strong," said Alberta Liberals spokesman Michael Spears. "She isn't truly sorry for what she said."

Pride Fest parties right up to the end



PARTY Edmonton's Pride Festival wraps up this week, with a lineup of events to commemorate 40 years of homosexual decriminalization by going out with a bang.

The city's 22nd Gay Pride Pageant, dubbed *Written in the Stars*, will take to the catwalk at Boots Bar & Lounge on Friday night.

Come for a dip Saturday at Pride at the Pool, in what organizers call the city's "gaybourhood." Members of the LGBTQ community are invited to the Oliver Outdoor Pool from noon to 5 p.m. for music and swimming.

Pride winds down Sunday with the mayor's annual Pride brunch at the Chateau Lacombe.

For information and a complete listing of events, visit prideedmonton.org.

VICTORIA HANDSIDES/
METRO EDMONTON

Mayor praises enviro congress

Sunny Side

MADING NGOR
for Metro Edmonton

SUSTAINABILITY A major global event that brought the world to Edmonton from June 14-18 to discuss environmental sustainability ended on Thursday.

The ICLEI World Congress connects mayors, local government officials and staff, representatives from international agencies, national governments, donors and other partners every three years

to discuss environmental sustainability.

"People have said they have been to a hundred different congresses and this was the best," said Mayor Stephen Mandel Thursday at city hall.

"It was very well attended and some great things came out about city sustainability, how we need to be more compact, how we need to look at more biodiversity and how we need to be a much more efficient (and) effective city."

Founded in 1990 with more than 200 local governments from 43 countries, ICLEI develops and

runs a broad range of campaigns and programs that address local sustainable issues from across the globe.

Mayor Mandel said the last few days have been very "interesting and fun" after networking with leaders from all over the world.

This was the first time the event was hosted in Canada, said Mayor Mandel, pointing out that Edmonton was chosen for its historical strength on environmental sustainability.

"I think it's a real show of how Edmonton is respected around the world for their environmental prowess."

News in brief

MISSING RCMP are looking for a 26-year-old man who has been missing since June 13 after he left his apartment in Jasper and never came back. Devon Brock Moldowan is white, six-foot-one, average build; has long wavy, reddish brown hair and blue eyes. Anyone with in-

formation on his whereabouts is asked to contact Jasper RCMP at 780-852-4421 or Crime Stoppers.

SKETCH Edmonton Police Service detectives are releasing a composite sketch in the hopes of identifying a suspect in a

shooting which occurred on May 11. The suspect is described as a native male, 21 years old, approximately five-foot-seven and 170 pounds. He has a heavy build, tattoos on both forearms, crooked teeth and may have a deformed chin.

METRO EDMONTON

Aboriginal Day Throwing it down



Red Power Squad b-boy Ron Razor throws down at City Centre mall Thursday as a part of National Aboriginal Day celebrations.

metronews.ca

What's online today.

Video Hockey legend Guy Lafleur given suspended sentence for contradictory testimony at son's bail hearing at metronews.ca/canada
Blogs Fashion bloggers Kenya Hunt and Lisa Tant's tips for an expensive look without an expensive bill



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The White Ribbon Campaign and Le Centre ontarien de prévention des agressions (COPA) have announced the official launch of the "It starts with you. It stays with him," campaign to help raise awareness about respecting and treating women as equals. **METRO NEWS SERVICES**

Canada



Lafleur gets suspended sentence

A Quebec judge on Thursday gave former Montreal Canadiens star Guy Lafleur a suspended sentence for giving contradictory testimony at his son's bail hearing. Lafleur had no reaction as provincial court Judge Claude Parent announced the hall of famer would have to pay a fine of \$100 and make a \$10,000 charitable donation. Lafleur will not have to spend any time behind bars nor have to serve any community service time. **CBC NEWS ONLINE**

News in brief

MEAT Canadians need a full public inquiry into the death of 22 Canadians from last summer's listeria outbreak and increased inspection oversight in meat plants, a parliamentary investigation has concluded. After two months of hearings, the parliamentary food safety report also found health authorities lost precious time warning the public because they were immersed in confusion and "turf wars."

DRUNK DRIVING An all-party federal committee did not recommend a reduction in the legal blood/alcohol limit for motorists in its parliamentary report on combating impaired driving, citing the inability of the justice system to cope with the extra workload. The recommendations, tabled yesterday, also urged tougher sanctions for repeat offenders and drivers with high blood-alcohol readings, and greater use of alcohol ignition interlock devices. **TORSTAR NEWS SERVICE**

Toronto Raitt meets on isotopes



Natural Resources Minister Lisa Raitt speaks in Toronto after meeting with the High Level Group on the Security of Supply of Medical Radio Isotopes. Ottawa left the door open for private groups to take over its mothballed Maple isotope reactor project, which was meant to replace the Chalk River, Ont., reactor.

Eyes on your email

Privacy advocates worried by controversial bill

Canada's police and security forces would get greater access to the Internet and wireless telecommunications records of millions of Canadians under a bill tabled Thursday by the federal Conservatives.

On the eve of the summer parliamentary break, the government introduced another attempt to modernize electronic surveillance laws — one that privacy advocates fear might still go too far.

"This legislation is about gaining power to get information which previously you needed a warrant to get," said Richard Rosenberg, a spokesman for the B.C. Civil Liberties Association and president of the

Privacy and security

- At a basic level, investigators could, without judicial authorization, serve a "preservation demand" on a telecommunications company or Internet service provider to put all data and communications of a client into a kind of "quick freeze."
- The company would have to retain the customer's information, and not delete it.

province's Freedom of Information and Privacy Association. "I think that is a blow with respect to individual privacy interests."

Privacy advocates were not included at an elaborate news conference where two federal cabinet ministers, flanked by child protection advocates and municipal police officers, said they had struck a balance between crime-fight-

ing and individual privacy. Justice Minister Rob Nicholson and Public Safety Minister Peter Van Loan pitched the changes as key to "getting the bad guys" in the 21st century.

Privacy Commissioner Jennifer Stoddart's office, which criticized similar previous proposals, said she would be carefully examining the changes.

TORSTAR

Car Insurance Myth #3: If I Switch Insurance Companies, I Will Lose My Loyalty Discount.

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The fact is, some (but not all) insurance companies may provide a small discount on your premium if you've been with them for a long time — but that small discount can quickly become irrelevant if the lowest cost insurer has a rate for you that is hundreds or thousands of dollars less than what you're currently paying. After all, what good is 5% off of an annual rate of \$1,500 (a \$75 savings) when you could pay \$1,100 with another company?

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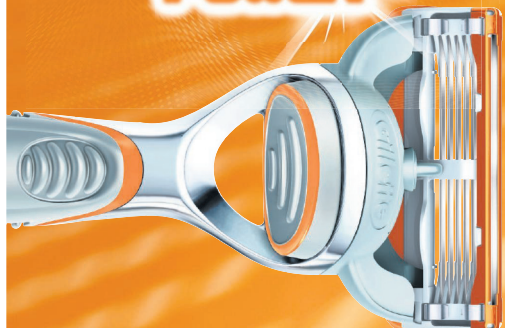
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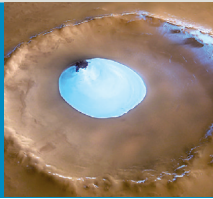
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Tiny mussel-like creatures living 100 million years ago made giant sperm longer than their own bodies, proving size has always mattered for some animals when it comes to sex, scientists said on Thursday. **REUTERS**

World



Deltas could hold evidence of life on Mars

A long, deep canyon, similar to the one left, and the remains of beaches are perhaps the clearest evidence yet of a standing lake on the surface of Mars – one that apparently contained water when the planet was supposed to have already dried up, scientists said Wednesday. Images from a camera aboard the Mars Reconnaissance Orbiter indicate water carved a 50-kilometre long canyon, a team at the University of Colorado at Boulder reported. **REUTERS**

Paris No clothes, no bull



PETA (People for the Ethical Treatment of Animals) activists protest naked in front of the Eiffel Tower in Paris Thursday to draw attention to the suffering of the bulls during bullfights.

Iran says it thwarted bomb plot

Iran's Intelligence Ministry said on Thursday it had uncovered a foreign-linked terrorist plot to plant bombs in mosques and other crowded places in Tehran during the country's June 12 presidential election.

State broadcaster IRIB quoted a ministry statement as saying several terrorist groups had been discovered, adding they were linked to Iran's foreign enemies, including Israel.

"Members of one of the uncovered networks were planning to plant bombs on election day at various crowded Tehran spots, including Ershad and Al-Nabi mosques," the statement said, referring to two prominent mosques in the capital. It said the plot was uncovered on election day.

Britain freezes Iranian assets

Iranian assets of nearly one billion pounds are frozen in Britain under international sanctions imposed over Tehran's nuclear program, the British government said on Thursday. The statement gave

no further details. Iran has been gripped this week by its most violent demonstrations since the 1979 Islamic revolution, sparked by its disputed presidential election last Friday.

Meanwhile, tens of thousands of Iranians, wearing black and carrying candles, marched Thursday to mourn those killed in mass protests against a presidential election they and defeated candidate Mir Hossein Mousavi say was rigged.

Chanting "Allahu Akbar," they massed in downtown Imam Khomeini Square, responding to Mousavi's call for people to gather in mosques or at peaceful rallies to show solidarity with

the victims and their families. Iranian state media has reported seven or eight people killed in protests since the election results were published on June 13. Scores of reformists have been arrested across the country and authorities have cracked down on both foreign and domestic media.

A spokesman for the Guardian Council said it had begun "careful examination" of 646 complaints submitted after the vote. **REUTERS**

TV station rallies to protesters' cause

IRAN Inside a studio perched atop a suburban strip mall, producers at Channel One TV pore over hundreds of pictures electronically spirited out of Iran by protesters challenging their nation's disputed presidential election. The station is one of several Farsi-language television and radio outlets in Los Angeles bringing news of turmoil in Iran to a worldwide audience, including Iranians subjected to a media blackout in their own country. Such footage aired by Channel One this week included video of what appeared to be pro-government paramilitary forces opening fire on demonstrators from a building. **REUTERS**

News in brief

WEB China's Internet watchdog condemned the Chinese-language version of Google on Thursday for "disseminating pornographic and vulgar information." It urged Google to conduct a "thorough clean-up" of its web pages. **REUTERS**

Mother sentenced for killing three babies

FRANCE A French woman who strangled three of her newborn babies and stored two of them in the family freezer was sentenced to eight years in jail Thursday after a trial that focused on her psychiatric problems.

The case of Veronique Courjault, who gave birth in secret three times between 1999 and 2003, came to light in 2006 when her husband, trying to make space in the freezer, found the frozen bodies of two babies he had no idea were his own.

Eventually, Veronique Courjault confessed that she had been pregnant three times without her

husband's knowledge and had strangled the three babies.

The couple already had two older children, now aged 12 and 14.

Police initially suspected the husband of complicity because they could not understand how he failed to notice his wife's pregnancies.

He was cleared after an investigation established no one who had seen Veronique Courjault during her pregnancies had noticed any signs.

Neither her physical appearance nor her behaviour had changed noticeably. **REUTERS**

News in brief

PLANE A pilot on a Continental Airlines plane died in mid-flight and the aircraft landed safely in Newark, New Jersey, under the control of two co-pilots, authorities said Thursday. "The captain of Continental flight 61, which was en route from Brussels to Newark, died in flight, apparently of natural causes," Continental said.

SPAIN The Spanish Catholic Church on Thursday accused the government of undermining society's moral standards with a proposal to make it easier for women to have abortions. "The government does not have the right to impose any system of morality ... especially not one favouring abortion," said Juan Antonio Martinez Camino, a spokesman for Spain's bishops. **REUTERS**

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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONews.CA

Comment

Much work remains for LGBT rights



Wendy Cukier

Pride Week marks remarkable progress: Same-sex benefits, same-sex marriage, and recent human rights decisions make Canada a global leader on lesbian, gay, bisexual, transgender (LGBT) rights.

Corporate leaders set the

tone. Ed Clark, CEO of TD Bank Financial Group, proclaimed: "I don't want people to feel they have to hide who they are because they're afraid we'll discriminate against them. In fact, I look forward to the day when all employees feel that their sexual orientation is a non-issue."

Attracting and retaining the best and the brightest drives corporate commitment. LGBT consumers — the "pink dollar" — are influential. Moreover, research shows 42 per cent

of straight consumers will not buy from companies deemed homophobic.

But growing up LGBT is tough: According to Mental Health America, the average LGBT teen hears anti-gay slurs 26 times a day. EGale Canada's 2008 survey showed 67 per cent of LGBT teens felt unsafe at school and only half felt accepted. Rejection or fear of rejection by their family often fuels desperation. Forty per cent of LGBT youth report having had suicidal thoughts and they are 3.4



times more at risk for attempting suicide.

On average, six per cent of runaway youth identify as LGBT and in some communities rates are much higher. LGBT teens are also more prone to high risk behaviours and drug abuse.

Susan Magerman teaches in Toronto's Triangle Program, the only Canadian high school program specifi-

cally aimed at LGBT youth. More than 70 per cent of her students, aged 14-21, do not live at home. Some have been kicked out. Some have fled abuse. Some are searching for somewhere they belong.

Most students have been marginalized and traumatized. Some have experienced homophobia, harassment and abuse since primary school.

Magerman says, "Once they are in a safe and supportive environment, where they no longer have

to worry about their safety all the time, they thrive."

Her wish? "That all kids, regardless of sexual orientation, are supported at home, at school and in their communities so the Triangle program does not need to exist."

Remember, while we march with Pride to celebrate progress, much work remains.

Wendy Cukier is the associate dean of the Ted Rogers School of Management at Ryerson University, and the founder of Ryerson's Diversity Institute.

Views

We are more alike than we are different

UrbanCompass



Terence Harding

metronews.ca/harding

I used to be gay. At least that's what many of the people I worked with in Edmonton during the 1970s thought. Their speculation on my sexual preference was based on some rather superficial analysis.

I wore fashion-forward clothing. I colour co-ordinated my wardrobe. I carried a shoulder bag. And I was known to have done

some acting. What else could I be but gay for heaven's sake?

I am pleased to say that, for the most part, that kind of stereotyping has disappeared. Those of us who do not breathe through our mouths, or drag our knuckles when we walk, know that one's sexual preference tells us very little about a person other than who he or she is sexually interested in. The variations within the LGBT community mirror those in the heterosexual community. Time has taught us that we are more alike than we are different.

As Edmonton winds up its Pride Week events, other cities are getting ready to

start theirs. Though our Pride parade is much smaller than Toronto's, it has grown steadily during the last few years.

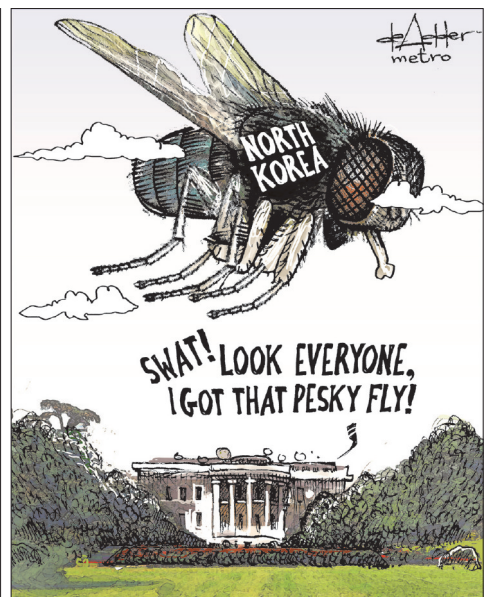
As an indication of how things have changed, this year the parade included representatives from the provincial government. That, in and of itself, shows how successful the LGBT community has been in gaining acceptance as a fundamental part of our city.

This city has changed a lot. In the '70s, I didn't ever think that I would see the mayor in a Gay Pride Parade, that members of the police force would face off against members from the LGBT community in a soft-

ball game, or that all and sundry would be invited to Pride events. But the greatest indication of how much things have changed can be seen in the sponsorship of Pride events.

TD Canada Trust is a major sponsor. Banks have never been big risk takers when it comes to their reputations. When a bank feels comfortable publicly acknowledging that the LGBT community is worthy of its support, then you really know things have changed — and, in this case, for the better.

Terence Harding is a corporate communicator. He's a keen observer of all things Edmonton; edmontonletters@metronews.ca.



Tell us your views by email to edmontonletters@metronews.ca or comment on metronews.ca or on Twitter @metroedmonton

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

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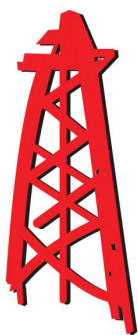
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Doh! Wrong turn? Homer Simpson gives driving directions

The voice of Homer Simpson, star character of The Simpsons, can now be downloaded onto TomTom's navigation devices, complete with goofy laughs and exclamations. **REUTERS**

11

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

CEO defends bonuses

Payments help retain value at Nortel: Zafirovski

Nortel Networks Corp. CEO Mike Zafirovski was forced to defend his company's decision to pay executives millions in retention bonuses even as the insolvent telecom equipment maker decided to stop paying severance to many laid-off workers.

"We are absolutely convinced that paying the annual incentive plan and the retention (plan) is critical to preserve value within Nortel," Zafirovski told a parliamentary committee in Ottawa.

Nortel has decided — with court approval — to pay out about \$45 million US in bonuses for close to 1,000 employees, despite its filing for bankruptcy protection in January.

It had previously argued that the bonuses were



Nortel president and CEO Mike Zafirovski is followed by a protester after testifying before the Commons finance committee on Parliament Hill in Ottawa Thursday.

needed if the company's restructuring was going to be successful.

Nortel has a total of about 30,000 employees. As it slashed thousands of

jobs in recent months, it revealed it would not pay severance to many of them to conserve funds as it fights for its life under court protection. **REUTERS**

Business in brief

BANKING Canadian banks, ranked as the world's soundest, should use their large capital cushions to increase lending now that financial market uncertainty has abated, Bank of Canada governor Mark Carney suggested Thursday.

INFLATION Canada's annual inflation rate fell to a 15-year low of 0.1 per cent in May as cheaper gasoline and cars were partially offset by rising food costs, Statistics Canada said on Thursday.

REUTERS

Apple awaits CEO's return

TECH Investors and gadget lovers alike are awaiting the presumed re-emergence of Apple Inc.'s famed chief executive Steve Jobs, who has been on medical leave for about six months.

The consumer electronics giant remains mum on exactly when and how Jobs will come back, repeating the familiar mantra that

Apple looks forward to his return at the end of June.

It is possible, analysts say, that Jobs could soon shift to a new post that would allow him to focus on big-picture issues and products, while chief operating officer Tim Cook, currently acting CEO, manages the company. **REUTERS**

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONews.CA

Handbook for a frugal life

In tight times, finding extra dollars in unexpected places is even more important. With tips, tricks and information that range from long-term savings to instant cash in your pocket from Kerry K. Taylor, creator of Squawkfox.com, 397 Ways to Save Money makes living within a budget easy — and even fun.

Written by an average Canadian whose frugal ways have saved her thousands, this accessible guide offers saving savvy that you don't need to be a financial planner to understand.

By looking in every corner of every room in your

house, from the kitchen to the closet, and by considering the needs of every member of your family, from your toddler to your dog, 397 Ways to Save Money will help you search out thousands of dollars in savings without changing what you love about your life.

Metro picked up the following excerpt, used with permission from HarperCollins Canada:

Eating is an expensive fact of life. With three meals a day plus snacks and goodies, the cost of buying and preparing food is considerable and is not getting any cheaper. The

average Canadian spends over 10 per cent of their yearly expenses on food, and this doesn't account for dining in restaurants or ordering takeout meals. But despite the obvious need to eat, shopping for food and feeding your family doesn't have to be a financial strain.

Because decisions in the kitchen affect both your pocketbook and your waistline, some simple planning is all that's needed to maximize your savings without sacrificing your health.

Get your food for free by watching the price scanner.

Mistakes on electronic price scans are common at the grocery store. The U.S. Federal Trade Commission has found that errors occur in one out of every 32 regularly priced items. Errors are more common on sale items, with one out of 28 items being overcharged to consumers.

Watch as your items are scanned at the checkout and you could save many dollars per month and even score free food. The Retail Council of Canada has a Code of Practice for scanner accuracy that states, "If the scanned price of a qualifying item at the checkout of a participating store is higher than the price displayed in the



Kerry K. Taylor, creator of Squawkfox.com, is author of the book 397 Ways to Save Money: Spend Smarter & Live Well on Less, which retails for \$14.99.

store — or advertised by the store — the lower price will be honoured. If the correct price of the product is \$10 or less, the retailer will give the product to the customer for free. If the correct price of the product is higher than \$10, the retailer will give the customer \$10 off the corrected price." See the Retail Council of Canada website (retailcouncil.org) for the list of participating stores in your area.

Bottom line: Watch as your groceries are scanned at the checkout and verify that prices are accurate. If you see an error, don't be afraid to ask the cashier to give you the item for free.

Make a grocery list.

Ever come home from the supermarket without having bought anything to

eat? It's not hard to do when you consider all the marketing displays and distractions at the grocery store. Food marketers pay mega-moolah for shelf space and want to catch your eye and tap your wallet when you're shopping for dinner.

To save you hundreds or thousands in impulse buys, go through your pantry before hitting the supermarket and make a shopping list. Having a list with you when you go shopping not only saves time but reminds you what foods to buy and what meals to make and steers you clear of impulse purchases.

Writing a shopping list is free and can help you plan menus for your breakfasts, lunches and dinners, saving you even more money

from costly takeout meals and restaurants bills. You might even save on gas by being super-organized because you won't need to make a second trip!

Bottom line: Make a free grocery list and buy only the foods you need for breakfast, lunch and dinner. Even if you save only \$10 on impulse buys each week, making a list can really pay off — to the tune of \$520 a year.

Skip the supermarket aisles and shop around the edges.

The perimeter of your supermarket is stocked with the most healthful and frugalicious foods; items like fresh produce, dairy, bulk foods, meats, organics and frozen vegetables are ripe for the picking. Passing on the aisles where highly packaged and marketed items are stocked, and staying on course around the edges of your supermarket can save you five per cent to 20 per cent on your grocery bill. Foods high in nutrition and low on food science and marketing claims bring greater value to your family meals.

Bottom line: Limiting your exposure to the supermarket aisles and shopping around the edges can save you between \$7.50 and \$30 on a \$150 trip to the grocery store and delivers more nutritional value to your dinner table per dollar spent.

Eat less meat.

To save hundreds on groceries, try using less meat in your family meals. You don't have to go vegetarian — simply try some meatless dishes even just once a week by adding alternatives like protein-rich beans to a few dishes.

Switching from animal protein to bean protein is a wonderfully frugal way to add some dollars to your bank account and find some variety in your diet. Soak and cook dried beans to become the ultimate money-saving bean counter.

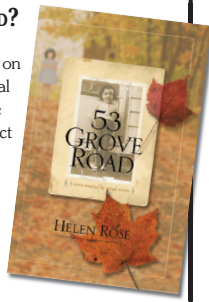
Bottom line: Eating less meat and more meat alternatives like dried beans bought in bulk can save you hundreds on your grocery bill.

For example, enough chicken to feed dinner to a hungry family of four costs around \$15, while the beans for an equally filling meal cost under \$2. Eating like this once a week saves over \$650 a year.

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Canada's quest for a fifth straight title at the world ball hockey championship ended Thursday with a 5-4 overtime loss to the United States in the quarter-finals. Canada can now finish no better than fifth at the tournament. **METRO NEWS SERVICES**

Sports

EDITOR: CHRIS.CLEMENTS@METRONews.CA

Sports in brief

VOYAGEURS CUP Needing to beat the Montreal Impact by an improbable four goals on Thursday night, Toronto FC did one better and pulled out a 6-1 victory at Montreal. The five-goal victory was enough to lift TFC over the Vancouver Whitecaps to capture the Voyageurs Cup as Canadian champions. They now move on to the CONCACAF Champions League.

RACING Eight Formula One teams said Thursday they would start preparations for a new series in 2010 after refusing to bow to the demands of the governing body. A statement said BMW-Sauber, Brawn, Ferrari, McLaren, Red Bull, Renault, Toro Rosso and Toyota were united.

WIMBLEDON A British newspaper reported Thursday that between six and 12 players entered in the men's draw at Wimbledon are being watched for match-fixing. The Independent, citing an anonymous source, did not reveal any names. **METRO NEWS SERVICES**

Ovechkin cleans up

Washington left wing Alexander Ovechkin won both the Hart Trophy and Lester B. Pearson award while Boston took home four honours on Thursday as the National Hockey League saluted the best of the 2008-09 season.

Ovechkin, who also won the Maurice Richard trophy for leading the league in goals, finished the season with 56 goals and 54 assists and beat out Pittsburgh's Evgeni Malkin and Detroit's Pavel Datsyuk. He became the first repeat Hart-winner since Dominik Hasek captured the award in 1997 and 1998. He took 115 first-place votes while Malkin garnered 12 and Datsyuk four.

"This trophy is all about my team and the organization," said Ovechkin. "I love



Washington Capitals Alex Ovechkin poses after winning the Hart Memorial Trophy, the Lester B. Pearson award and the Maurice Richard Trophy at the 2009 NHL Awards Thursday in Las Vegas.

to play hockey anywhere, but my favourite city to play the sport right now is Washington. Hopefully next year the Stanley Cup will be ours."

The Lester B. Pearson award, which is handed out to the NHL's Most Outstand-

ing Player as voted by fellow league players, was captured by Ovechkin for the second straight season and he became the first player to accomplish that since Jaromir Jagr did it in 1999 and 2000.

Malkin led the league

with 113 points and had 35 goals and 78 assists to capture the Art Ross Trophy and he also won the Conn Smythe Trophy as the play-off's MVP for helping the Penguins win their third Stanley Cup trophy.

METRO NEWS SERVICES

Moreau takes King Clancy Memorial

NHL AWARDS Edmonton Oilers captain Ethan Moreau has been named this year's recipient of the King Clancy Memorial Trophy.

The award is presented annually to the player who best exemplifies leadership qualities on and off the ice and has made a noteworthy humanitarian contribution in his community.

The presentation was made earlier today at the 2009 NHL Awards Gala at the Pearl Concert Theater, located inside the Palms Hotel in Las Vegas.

The main focus of Moreau's work in the community has been the Edmonton Oilers Community Foundation's Inner City High School project. Last year, the EOCF announced plans a re-development of a new Inner City High.

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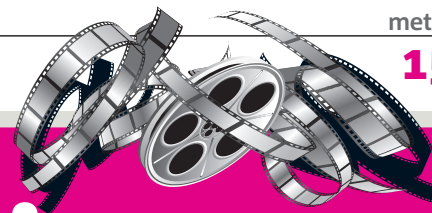
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Movies & Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Movies

More Fox to love

Pg 16



Megan Fox is known for her curves, but for *Transformers: Revenge of the Fallen*, even those weren't enough for notoriously picky director Michael Bay. "He's not super-big on really scrawny girls. He likes more muscular types," Fox explains.

Television

Pg 27



Jonas Brothers host the MuchMusic Video Awards.

Movies

Pg 16



Year One proves itself as a dumb comedy with a brain.

Music

Pg 22



Which lead singer took his band on tour, piloting a jet?

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Movies

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Megan Fox admits to gaining the pounds for her role in Transformers: Revenge of the Fallen.

Transforming Fox

Actress weighs in on role in blockbuster sequel

NED EHRLBAR
Metro World News

Megan Fox is known for her curves, but for Transformers: Revenge of the Fallen, even those weren't enough for notoriously picky director Michael Bay.

"He's not super-big on really scrawny girls. He likes more muscular types," Fox explains while sucking on a piece of candy.

"I gained eight pounds, and I ended up gaining another eight pounds during the filming of the movie."

For all her infamous beauty, Fox confesses she has horrible eating habits. "I eat maybe once a day, and I eat at 10 at night. I don't eat a lot. I'm not a healthy person," she says. And when it comes to exercising, she doesn't fare much better.

"I usually make it to one training session a week."

But the young actress, known for speaking her mind, realizes that type of lifestyle can't endure. "I'm 22. I mean, I'm prepared for when I hit 28 and I have to change my whole s— up, but for now if I can get away with it, I'm going to do it."

One thing Fox hasn't

Movie feature

been able to get away with is keeping a low profile, not when she regularly tops men's magazine hot lists and her every move is chronicled by the paparazzi. But Fox takes a surprisingly diplomatic view of the celebrity industrial complex.

"Whoever they're taking pictures of, that's not you," she says. "You let it happen because that's a job, and I have to respect that job. It's how they pay their bills and how they feed their families. I can't s— on them for doing that."

While she's been enjoying the big-budget playgrounds of the Transformers movies, Fox is looking forward to a smaller project hitting theatres this fall: Jennifer's Body, written by Oscar-winner Diablo Cody.

"It's a really dark comedy," Fox says of Cody. "She's like a postmodern feminist or whatever."

On the web

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You can say yes to this Proposal

The Proposal

Director: Anne Fletcher
Stars: Sandra Bullock, Ryan Reynolds
Classification: PG
Rating: ●●●●½

NED EHRLBAR
Metro World News



REVIEW The premise of The Proposal seems so obvious and ripe for comic potential that it's amazing no one thought to make it until now: A hard-nosed boss (Sandra Bullock) tries to avoid deportation back to Canada by claiming to be

engaged to her beleaguered assistant (Ryan Reynolds).

The charade gets out of hand when they travel to Alaska to visit his family. It's just a shame the filmmakers decided to do it with such by-the-numbers romantic comedy execution (complete with a winking-at-the-audience race to the airport).

The movie succeeds despite its flaws, though, thanks primarily to the chemistry between its two leads. The older woman dynamic seems downright subversive by romantic comedy standards, and Bullock and Reynolds easi-



Canadian actor Ryan Reynolds and Sandra Bullock star in The Proposal.

ly show why it shouldn't be. And their comic timing is perfectly matched.

As much fun as she's having with the character, Bullock still seems to be holding back, though. In the first ten minutes, the filmmakers spend an aw-

ful lot of time telling the audience how horrible she is as a boss, how everyone fears and dislikes her, but they don't let Bullock do anything that would warrant such a reputation — most likely out of fear of moviegoers deciding her

employees are right. She pulls off the second half of the equation, though, in humanizing Margaret and showing the vulnerability underneath without making it too cloying.

Some small-town gags land poorly, such as the

oddball (Oscar Nuñez) working every conceivable job or the only Internet access being a coin-operated dial-up modem — as if a well-to-do estate like Andrew's family wouldn't have WiFi, even in Alaska. Then there are plot elements that are brought up only to be dropped all together, like Malin Ackerman's red herring of a cute ex-girlfriend.

But even when the audience can see the next gag coming a mile away, the film still shines thanks to the performances of Bullock, Reynolds and the scene-stealing Betty White as Andrew's conniving granny. White's adorable, off-beat performance alone is reason enough to see it.

• For The Proposal photos, a trailer and screen times, or to buy tickets, visit metronews.ca/movies

Cruise back for Mission Impossible 4

Tom Cruise and director J.J. Abrams have signed on with Paramount Pictures for the fourth installment of Mission Impossible, according to Variety. EONLINE.COM



Cameron Diaz gets serious

Star plays mother of girl with terminal illness in *My Sister's Keeper*

NED EHRBAR
Metro World News



Movie feature

Cameron Diaz thought it was hilarious last year when the paparazzi thought she'd shaved her head. In *My Sister's Keeper*, Diaz plays the mother of a girl with cancer, and at one point in the film her character takes out the clippers out of solidarity with her daughter.

Of course, mix Diaz, a bald cap and an outdoor film shoot with photographers who watch her every move hovering, and what you get is an inevitable brouhaha.

"They say what they want to say to sell their

pictures," says Diaz, who's no stranger to odd claims being published about her. But she still has her flowing blonde locks today, thankfully.

"If I shaved my head and my hair was this long right now, they would have me in a lab somewhere," she jokes.

"Kerastase or L'Oreal would have already taken me somewhere."

Bald caps aside, the film involved taking on some heavy subject matter. After Diaz's character discovers her daughter's condition, she makes the controversial decision to have another child for the express



Cameron Diaz takes on some heavy subject matter in *My Sister's Keeper*.

purpose of providing the blood, tissue and marrow

to save her older child's life.

For the actress, part of taking on such a complex,

serious role successfully means being able to leave work at the office at the end of the day.

"You have to put things to the side and you have to be yourself and be who you are and be with the people who support you," she says. And as casual as she tries to be, all this work dealing with terminal illness still got into her head.

"It makes you really think about what you're putting into your body and what's out there that can damage you," Diaz says. "There is a reason. It can't just be coincidence that everyone's getting sick."

• *My Sister's Keeper* is in theatres next Friday.



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Away We Go too pleasant

Away we Go

Director: Sam Mendes

Stars: John Krasinski, Maya Rudolph

Classification: STC

Rating: ⓈⓈⓈ

NED EHRBAR
Metro World News



Away We Go is a sweet little film nearly undone by its pleasantness. Following a young couple (John Krasinski and Maya Rudolph) expecting their child, the film forgets to give its leads anything to do except react to the

world around them.

Krasinski puts his inherent likeability to good use, but it's tough distinguish his Burt here from his Jim on *The Office*, except that Burt is more of a nerd and has a beard. The real revelation here is Rudolph, whose comic chops are well-documented. But as the very pregnant Verona, she spreads out comfortably into a quiet performance that's surprisingly moving. With the subtlest of eyebrow raises, she carries the emotional centre of the film.

Director Sam Mendes also shines here, adding more



John Krasinski and Maya Rudolph play a couple in search of a home in *Away We Go*.

evidence that he's adept in pretty much any genre or style thrown at him. It's as if his signature style is not having a signature style, which is refreshing.

Unfortunately, the efforts the director and his two leads are left in the lurch by

the script, which hangs the story on a central relationship free of conflict. It's clear from the start that these nice, friendly people really do love each other. And by the end of the film, they seem to feel pretty much the same.

The conflict, if there is any, comes in Burt and Verona looking for a new place to call home. Their search leads to a parade of entertaining cameos, including hilarious turns by Allison Janney, Jim Gaffigan and Maggie Gyllenhaal,

among others, and a surprisingly poignant meditation on modern parenting and regret by Tom Messina and Melanie Lynskey — an emotional note so strong it only makes the placidness of the main characters all the more jarring.



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Indy V on the way

Shia Labeouf has let it slip that a follow up to Indiana Jones And The Kingdom of the Crystal Skull was on the cards and now Frank Marshall has pretty much confirmed it. EMPIREONLINE.COM



Movies

***** A CLASSIC; **** EXCELLENT; *** GOOD; ** FAIR; * POOR

Plenty of silly fun in Year One

Year One

Director: Harold Ramis

Stars: Jack Black, Michael Cera, David Cross

Classification: 14A

Rating: ****

PHIL BROWN
for Metro Canada



Year One wants to be one of those rare comedic treats: The smart dumb comedy. It's prehistoric parable that satirizes the foundations of human civilization, while also tossing in plenty of poo jokes to please the masses.

Unfortunately the overall balance leans more towards easy laughs than social commentary, but you have to admire the intent and the hit-to-miss joke ratio is pleasingly high. It's what should be expected from the latest comedy from director Harold Ramis (the brains behind Animal House, Groundhog Day and



Michael Cera, left, and Jack Black play slacker cavemen in Year One, directed by Harold Ramis.

other comedy classics).

As we know from the trailer, Jack Black and Michael Cera star as a pair of slacker cavemen incapable of either hunting or gathering. However, this material comprises only the set-up of the movie.

The pair quickly leave their tribe to explore the world and soon find themselves stumbling onto a variety of biblical characters and settings including Cain and Abel, Isaac and Abraham, and the original party town, Sodom.

For Ramis, it's a step back to his early days of Caddyshack, a ramshackle ensemble comedy that lives and dies on the improv of the cast. Year One has the comedic energy and unpredictability of those early movies, but also has their sketch-comedy structure and narrative messiness.

The film ends on message preaching individuality over a reliance on society or religion. It's smart and appropriate, but feels awkwardly shoehorned into a film that works best as

sketch comedy.

Black and Cera are at their best as the leads, playing their well-worn comedic personas and doing it well. Virtually every sequence comes with a scene-stealing cameo, but special notice should go to David Cross' cynical Cain, Hank Azaria's circumcision obsessed Abraham ("It's going to be a sleek look"), and Oliver Platt's sleazy high priest who insists on getting hairy-chested oil rubs from Cera (every bit as hilarious and

disgusting as it sounds).

Year One is pleasant escapism with a brain. Sure, it's more like Mel Brooks' silly History Of The World: Part 1 than Monty Python's satirical masterpiece Life Of Brian, but at least it pro-

vides audiences with the opportunity to giggle at irreverent humour for 90 minutes without feeling guilty afterwards.

• For One Year photos, a trailer and screen times, visit metronews.ca/movies.



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Music

Metro recommends

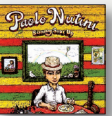
• **Bitte Orca, The Dirty Projectors:** Unorthodox indie pop zig-zags wildly through a collage of styles with chorale vocals and nimble guitars.



• **Préliminaires, Iggy Pop:** Iggy creates a brooding, Leonard Cohen-like world — crooning French and English lounge-pop ballads with jazzy backdrops.



• **Sunny Side Up, Paolo Nutini:** Nutini branches out, delivering Memphis soul, vintage ska, British folk and a host of other genres.



METRO NEWS SERVICES

No Age grin and bear it

BRYAN BORZYKOWSKI
for Metro Canada

There have been plenty of unusual gigs over the years — bands have played on the back of trucks, on buses, on an oil rig — but has any group ever played an original set of music to a movie about bears? That's exactly what Los Angeles duo No Age did last week in Seattle.

"It's an idea we've been talking about for a while," says Dean Allen Spunt, the band's drummer and singer. "It's a movie that Randy (Randall, the band's guitarist) really liked when he was a kid."

The noise pop group performed a 90-minute set of music specifically created for *The Bear*, an '80s French film shot in British Columbia that follows two bears as they develop a friendship



Los Angeles group No Age is touring in support of its latest album *Nouns*.

and escape from hunters. It sounds like a wacky, and challenging, project, but Spunt says it wasn't as difficult to pull together as he thought it would be.

"We just watched the movie and felt out the emotions," he explains. No Age performed the live sound-

track at the Seattle International Film Festival, but the band is unlikely to bring its Bear show on the road.

What people can expect is a set filled with the infectious sonic blasts and grunge-like melodies found on their sophomore record *Nouns*. Spunt says the two-

some might also play some tunes off their forthcoming EP, which they just recently finished recording.

The four-song disc, which will be out in September or October, will be more sample heavy than their last record Spunt reveals.

"We've always done sam-

ples, but it's a little more present now," he says. "I figured out a way to make them sound better. We write more with them rather than use samples to augment our songs."

"We've tried to expand things and maybe go in different areas that we wouldn't go in," Spunt adds. "It seems to me it sounds nicely saturated. I feel it's like a really nice painting."

Some fans will likely be disappointed that the group isn't releasing a full-length, but Spunt says the band has always been interested in "quick segments."

"I think concentrating on a full record is a lot of work," he says. "Sometimes you just need to get something out, something smaller. An EP with four or five songs is a good thing to have. Some of my favourite records are EPs."

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Iron Maiden voyage a true adventure

SoundCheck

Alan Cross

metronews.ca/soundcheck

Rock stars having their own jets isn't anything new. Zepplin and the Stones were first. U2 always charters one for its tours. And when Metallica goes on tour, each member has his own jet so they can fly off away from each other between gigs. Meanwhile, the road crews are stuck in their bus bunks, humping tons of gear the old-fashioned way — in convoys of semi-trailers.

Then there's Iron Maiden. Not only did the group have its own 757 done up with a special Iron Maiden livery, the band, crew and equipment all flew together. And in command of the flight deck? The group's singer.

During his solo period, Bruce Dickinson realized that maybe he'd better think about the future. "I thought to myself, 'I don't know if I'm going to be able to make a living out of being a musician in 10 years,'" he told me during a recent interview. "Maybe I should have a second job or something."

After taking up flying as a hobby, Dickinson took a series of professional pilot exams and through a happenstance meeting with an old friend (a rock radio DJ-

turned pilot), Bruce ended up with a first officer posting with a British passenger airline. For the last eight years, he's been flying both 757s and 737s for Astraeus, a company that provides planes and crews to other airlines. When it came to the Iron Maiden world tour, Dickinson went to Astraeus and leased an idle aircraft.

"It just happens that one of the absolute dead times for airline and charter work is January and February. So it worked out perfectly for us to take an aircraft out of the line for two months. The problem was (our equipment) wouldn't fit. The airplane just wasn't physically big enough. So we had to get a full modification of the aircraft approved."

After \$500,000 in upgrades, Ed Force One (officially "Flystar 666" to air traffic controllers) was routed from west to east, carefully scheduled to minimize jet lag and to make sure the band (and its singer/pilot) reached maximum energy for 9 p.m. — showtime. Bruce flew the band and crew through 112,000 kilometres while also playing 23 concerts on five continents in just 24 days. The experiment was captured on camera by a Canadian documentary film crew and the film, *Iron Maiden: Flight 666*, is now available on DVD.

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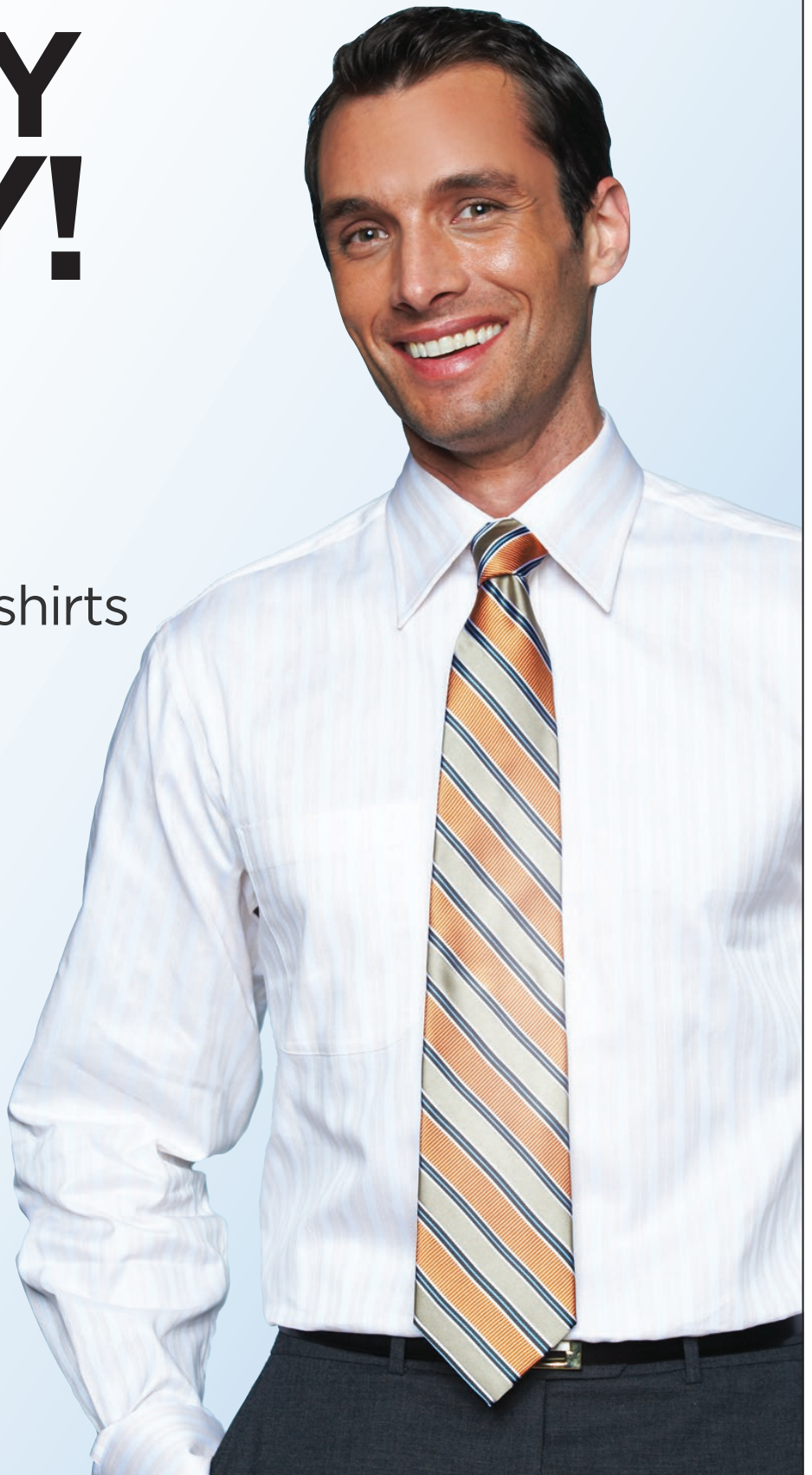
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KATHY BUCKWORTH
for Metro Canada

I am a very popular mom. With my own kids. Why? Because I have a brand new Nintendo DSi. And they have to be extra nice to me to get a turn.

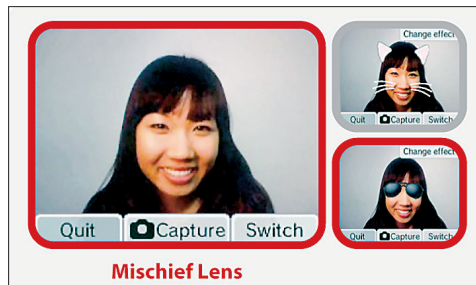
They actually have their own Nintendo DS units, which have been well-used and loved by all four of them, from age seven to 17. But the new DSi was clearly developed with a, ahem, more "mature" crowd in mind. Or so I keep telling them as I held on to it, saying, "One more minute kids, one more minute."

Let's start with the camera. "Fun" and "Photo" come together with the DSi. With a few pen taps, you can quickly capture yourself, or the rest of the world — anywhere you want. Amazing quality and easy to do. And the fun part? You can stretch these shots out by dragging the pen across the screen — distorting family members to the unrecognizable or emphasizing features for maximum comic effect. (I think *People* magazine must have used one of these for some of their "worst" swimsuit issues.)

Add in comments, draw



With a few pen taps on the Nintendo DSi, you can take pictures of yourself — and others — and distort them for comic effect.



glasses, frame photos, change colours, turn your brother's face into a kaleidoscope, look at mirror images ("Just my good side!"), and because this unit is sleek and small, you can tuck it into any bag and take it along for instant photo fun anywhere (such as waiting at a doctor's office). Pop a photo card into the unit and you can take it out and download the photos onto your computer for printing and sharing with others.

I loved taking a picture, erasing a portion of it, and inserting my own or someone else's face. I've always felt that I should own Cindy Crawford's body; and that my seven-year-old son

The Nintendo DSi features a Sound function.

should get the chance to be a Transformer. Done.

While you won't believe your eyes with the fun you can have with the built-in camera, hearing isn't necessarily believing either with the Nintendo DSi Sound function. Pop in your own sound card and make your music/words sound as though they're being transmitted through a radio circa 1920. Black Eyed Peas — Harry Truman style. Love it. Record your kids' voices and then play around with them by mixing them to sound like a parakeet. (Sometimes the difference is minimal depending on your child's natural voice, as I discovered.)

Between sights and sounds, the DSi is a great addition to any road trip with your kids, a rainy afternoon around the kitchen table, or even under a shady tree at a picnic or outside event. I like it so much, I tried to take a picture of myself on my DSi enjoying my DSi — and it is possible. Now if I can just convince my kids that a "MommyMinute" lasts much longer than the standard 60 seconds.



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*SOME EXCEPTIONS • SELECTION VARIES BY STORE • SOME ITEMS NOT EXACTLY AS ILLUSTRATED • WHILE SUPPLIES LAST • SEE STORE FOR DETAILS

Grey's T.R. Knight released

Fall is still months away, but one of last season's bigger Grey's Anatomy cliffhangers has already been resolved as sources have confirmed that T.R. Knight's wish to be released from his contract has been granted. **EW.COM**

Television

Jonas bros. ready to invade Toronto

Amid busy schedule, trio will enter new territory when they host MMVAs

BRYAN BORZYKOWSKI
for Metro Canada

If there's any doubt whether or not the Jonas Brothers are still one of the most sought after bands in the world, just look at their travel schedule.

"We're en route to the New York airport, then going to Madrid, then London and then to Texas," says Kevin Jonas, the oldest member of the musical family.

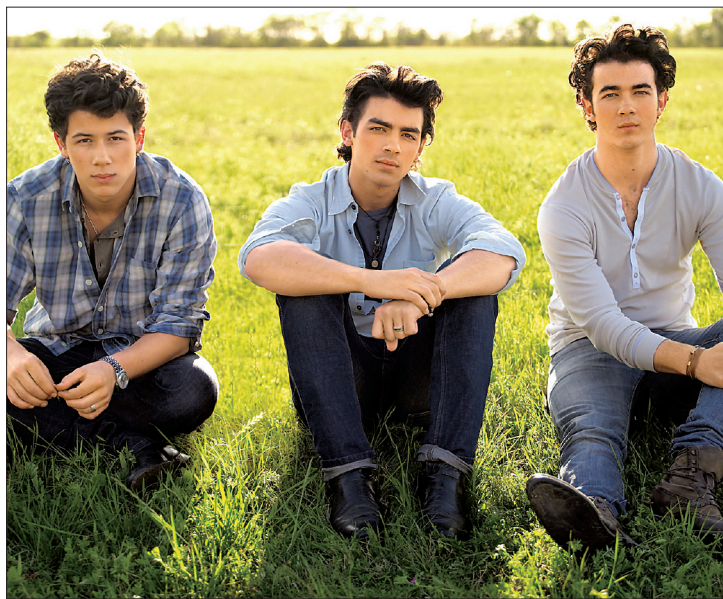
"And then we're with you guys."

It's that last stop that thousands of Toronto teens are most excited for — the band is heading north to host Sunday's Much Music Video Awards. While they've been to Toronto before, this will be the first time the trio has ever hosted an awards show.

"This is a big deal for us," says Jonas. "We've been part of award shows, but never done something like this."

Unfortunately, says Jonas, he hasn't been able to have as much of a hand in the show's planning as he would like. There's just not enough time to do everything he explains.

"We have a tour to focus



The Jonas Brothers will host the MuchMusic Video Awards this Sunday night.

on, we have a new album out (it was released this past Tuesday), the awards show, so we have a lot on our plate," he says, adding that even though they're busy, "everything is checked off by us, so our hands are in everything we do."

However, fans can expect the band to play songs

off their latest record, Lines, Vines and Trying Times, though Jonas "apologizes in advance because it might be a little crazy, we haven't had a chance to practice at all."

It's likely the throngs of screaming followers won't care what the band does, as long as they just show up. In fact, hordes of

tweens and teens camped out for two days to get tickets to the MMVAs. All this fanfare is just another day in the life of the Jonas Brothers, who have gone from little known teen band to Disney darlings and music moguls.

"It's incredible," says Jonas about the success the band has had.

"We don't take anything for granted. We're living so many people's dreams and it's a huge opportunity."

But being idolized by 13-year-olds can't last forever, and Disney's stamp of approval will eventually dry out. Jonas doesn't reveal what future

plans he has, though, only pointing out that the group have control over their career.

"We are growing up, and while Disney's been an amazing partner, were just making music we love," he says.

"No one's telling us what to do."



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Jennifer



Brian:

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Beth:

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And the Emmy goes to...

CBS has announced that this year's Primetime Emmy Awards will take place on the originally scheduled date of Sunday, Sept. 20. This is changed from last week when the ceremony was moved up to Sept. 13, to avoid a conflict with an NFL double-header. **TVGUIDE.COM**

Going Out

Mix of Six

HOT & HAPPENING WEEKEND EVENTS AROUND THE CITY

For more great events around the city, visit: metronews.ca/entertainment

Revenge of the Derby Girls

Metro Sportplex (14420 – 112 Street)
Saturday 6 p.m.

The Oil City Derby Girls strap on their skates and take on Victoria B.C.'s Eves of destruction in a year-long anticipates re-match battle.

Mix Master Mike

Empire Ballroom (Phase 2, West Edmonton Mall)
Friday 9 p.m.

One DJ minus three MCs, Mix Master Mike of Beastie Boys brings his mixing and cutting skills to Edmonton for one night only.

Summer SOULstice

Starlite Room (10030 – 102 Street)
Saturday 9 p.m.

In honour of National Aboriginal Awareness Day, join some of Edmonton's top Aboriginal performers like Team Rezofficial, Plex, DJ Creasian, and Will Belcourt.

Sled Island Edmonton Showcase Party

The Hydeaway (10209 – 100 Ave)
Friday 7 p.m.

Come get down with the locals heading down to Calgary for Alberta's best indie art and music festival, Sled Island. Join the Yells, Old-folks Home, Sean Nicholas Savage, and others.

LØve H2O

Ironhead Golf Course (Lake Wabamun)
Friday – Sunday

Join us in the first annual Ironhead LØve H2O festival! (loveh2o.ca) Celebrating the water in and around us ... connecting one to the other and everyone to our living planet!

Free RPG Day

Happy Harbour Comics (10326 – 81 Ave)
Saturday 10:30 a.m. to 6 p.m.

Nerds, get ready. A day of Pathfinder, Shadowrun, D&D 4th Edition, Savage Worlds, Star Wars RPG, Kobolds Ate My Baby, World of Darkness and other games, special guests and free barbecue.

FRIDAY	ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
prime time	6/19/09	2	CFRN	239	318	etalk	Hollywood	Spectacle: Elivs	Ghost Whisperer (HDTV)	Castle (HDTV)	News (N)		
		3	KHQ	-	370	News (N)	De-Millionaire	Jeopardy! (N)	Wheel-Of-Fortune	The Chopping Block (N)	Dateline NBC		
		4	CBXT	-	307	Coronation St.	Jeopardy! (N)	Air Force	Laughs	Wild Roses (DVS)	CBC News: The National	The Hour	
		6	KREM	-	372	News (N)	Hollywood	The Doctors	Ghost Whisperer (HDTV)	Flashpoint (HDTV)	NUMB3RS		
		7	CKEM	241	347	Law & Order: SVU		Canadian Aboriginal Music (N)	Departures	Out There	Out There	Your City	
		8	CITY	240	339	ET Canada	Entertainment	NUMB3RS (HDTV)	The Unit "Paradise Lost"	NCIS "Iceman" (N)	News Hour		
		13	KXLY	-	371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Surviving Sub.	Goode Family	20/20	
		16	KAYU	-	373	The Simpsons	Raymond	TwoHalf Men	TwoHalf Men	Don't Forget the Lyrics!	Mental (HDTV)	News (N)	
		19	CHTV	-	-	The Insider (N)	E News	20/20 (HDTV)	Last Days of JFK Jr.: The E!	True Hollywood Story	News (N)		
		22	KSPS	-	374	NewsHour With Jim Lehrer		Wash. Week	McLaughlin	Bill Moyers Journal (N)	NOW on PBS	Being Served	Monty Python
news		15	CBCN	502	-	CBC News: The National		CBC News: The fifth estate		CBC News: The National	CBC News: The National	fifth estate	
		54	CTVN	501	391	CTV News Tonight		News	CTV News	News	CTV News	News	
		20	TSN	400	400	(5:30) Boxing		SportsCentre (HDTV) (Live)		Boxing Friday Night Fights (HDTV)			
		23	net	408	418	MLB Baseball		UFC: Access	Best Damn Sports Show	MMA Conn	Sportsnet Connected	Ult. Fighter	
		94	SPEED	417	406	NASCAR Racing Camping World		Truck Series -- Copart 200. (HDTV) (Live)		Trackside At...	(HDTV)	Inside GP	F1 Debrief
		94	SCORE	410	403	(6) WWE SmackDown!		Soccer UEFA U-21 Championship -- Italy vs. Sweden.					
		14	YTV	552	543	ICarly	True Jackson	Cheaper by the Dozen 2 ** (2005, Comedy)					
		17	TREE	553	546	Little Bear	Bucket-Dinos	Comfy Couch	Big & Small	Max & Ruby	Dragon	Backyardigans	Ni Hao, Kai-Lan
		45	FAM	557	541	Zoey 101	Jonas (N)	Sonny Chance	Joey ** (1997, Drama)	Jamie Croft		(10:06) Jump In! (2007, Drama)	Go, Diego, Go!
		25	A&E	615	520	CSI: Miami (HDTV)		CSI: Miami (HDTV)		Criminal Minds (HDTV)		CSI: Miami	
family		29	FOOD	603	561	Bobby Flay	Chef Abroad	Diner, Drive-In	Diner, Drive-In	Ramsay's Kitchen Nightmares		Unwrapped	Bobby Flay
		32	DISC	520	505	Canada's Worst Handyman		Machines of Malice		Daily Planet		Canada's Worst Handyman	Doing Da Vinci
		38	SPIKE	628	584	Disorderly Conduct: Video		Disorderly Conduct: Video		Disorderly Conduct: Video		Disorderly Conduct: Video	Disorderly
		43	SPACE	627	528	(6) Taken (DVS)		Predator *** (1987, Science Fiction)	Carl Weathers		(10:15) Predator 2 ** (1990)		
		50	STAR	621	56	Star Yearbook		Tonight Show-Conan O'Brien		TMZ	etalk	American Idol Extra	Ellen Show
		161	SUPER			W. ** (2008, Docudrama)	Josh Broin, Elizabeth Banks.		(9:15) Crawford (2008, Documentary)			Humboldt County (2008)	
cable variety													

SATURDAY	ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
prime time	6/20/09	2	CFRN	239	318	W-FIVE (DVS)	Johnny Tootle (2005, Drama)	Adam Beach. (DVS)	Law & Order: SVU	News (N)			
		3	KHQ	-	370	News (N)	Judge Judy	CSI: NY (HDTV)	Kings (HDTV) (N)	Law & Order "Exchange"	LawOrd SVU		
		4	CBXT	-	307	The Nature of Things (N)		The Week the Women Went	Da Vinci's City Hall (HDTV)	Intelligence (DVS)	Pretty Woman		
		6	KREM	-	372	News (N)	Scrubs	Paid Program	Paid Program	Without a Trace (HDTV)	Harper's Island "Snap"	48 Hr. Mystery	
		7	CKEM	241	347	Without a Trace		Murdoch Mysteries	Nightwatches (2003, Drama)	Sherilyn Fenn, David Nerman.		The City Show	
		8	CITY	240	339	Doc Nancy is mugged.		Healthy Ever After (N)	Doc	Doc	Doc	News (N)	
		13	KXLY	-	371	News	Explorer TV	Entertainment Tonight	Wipeout (HDTV)	Castle (HDTV)	El Stone		
		16	KAYU	-	373	House "Detox"		TwoHalf Men	Cops	Cops	America's Most Wanted	News (N)	
		19	CHTV	-	-	Out There	E News	Rich Poor	Rich Poor	The Perfect Child (2007, Drama)	Rebecca Budig.	E News	
		22	KSPS	-	374	The Lawrence Welk Show		Jack Benny	Time Goes By	Lolita *** (1962, Comedy-Drama)	James Mason, Shelley Winters, Sue Lyon.		
news		15	CBCN	502	-	Sat. Report	Mansbridge	Doc Zone (HDTV)	Sat. Report	Weekend	Sat. Report	Mansbridge	Doc Zone
		54	CTVN	501	391	CTV News Weekend		News	CTV News	News	CTV News	News	
		20	TSN	400	400	(6) NASCAR Racing Nationwide	Series -- NorthernTool.com 250. (HDTV) (Live)						
		23	net	408	418	MLB Baseball		Sportsnet Con.	The Ultimate Fighter (HDTV) (Live)				
		94	SPEED	417	406	Auto Racing	On the Edge	AMA Pro Prime Time (HDTV) (N)			World Series Off-Road	Off Road	
		94	SCORE	410	403	Soccer: UEFA U-21		Final Score	Final Score	Final Score	Final Score	Final Score	Final Score
		14	YTV	552	543	Kid vs. Kat	League-Evil	Frank Patrol	Prank Patrol	Survive This	Adrenaline Proj	Prank Patrol	
		17	TREE	553	546	Bucket-Dinos	Toopy & Binoo	Comfy Couch	Little Bear	Toy Castle	Dragon (DVS)	Backyardigans	Ni Hao, Kai-Lan
		45	FAM	557	541	Natural-Sadie	Latest Buzz	That s-Raven	Zoey 101	Life Derek	Han. Montana	Hometown Legend ** (2002, Drama)	Go, Diego, Go!
		25	A&E	615	520	CSI: Miami (HDTV)		CSI: Miami "Bloodline"		The Sopranos		CSI: Miami (HDTV)	CSI: Miami
family		29	FOOD	603	561	Dear Food Network Bahamas.		Kitchen Nightmares		Chef Jeff Project		Challenge Burger recipe.	Dear Food Net.
		32	DISC	520	505	Deadliest Catch		One Way Out	Guinea Pig	Canada's Worst Handyman		Deadliest Catch	Destroyed
		38	SPIKE	628	584	The Ultimate Fighter (HDTV) (Live)						Talking Monkeys in Space	Jackass
		43	SPACE	627	528	The Hitcher ** (2007, Suspense)	Sean Bean.		(8:50) The Fog *** (2005, Horror)	Tom Welling.		Deep Evil	
		50	STAR	621	56	Blush: Make-Up Artist		Canada's Next Top Model		Paris Hilton's My New BFF		TMZ	Marine Life
		161	SUPER			Stuck *** (2007, Suspense)		Before the Devil Knows You're Dead (2007, Suspense)				The Flock (2007)	

SUNDAY	ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00		
primetime	6/21/09	2	CFRN	239 318	Corner Gas	Degrassi: TNG	Without a Trace (HDTV)	Merlin (N)	Merlin (HDTV) (N)	Merlin (HDTV) (N)	Merlin (HDTV) (N)	News (N)			
		3	KHQ	- 370	News	Paid Program	Wine Country	Dateline NBC	Merlin (N)	Merlin (HDTV) (N)	Law/Ord SVU				
		4	CBXT	- 307	Heartland (HDTV) (DVS)		Happy Gilmore ** (1996, Comedy)	Adam Sandler.		CBC News: Sunday Night (N)	Doctor Who				
		6	KREM	- 372	News (N)		60 Minutes (HDTV)	Million Dollar Password		Cold Case (HDTV)	Without Trace				
		7	CKEM	241 347	2Half Men	2Half Men	Friends	Hates Chris	Kings	Royal Pains	Reviews				
		8	CITY	240 339	16:9 Picture	King of the Hill	King of the Hill	American Dad	The Simpsons	Bob & Doug	Family Guy	American Dad	News (N)		
		13	KXLY	- 371	News	Storm Stories	Just Laughs	Home Videos	Extreme Makeover: Home	Impact (2008, Action)	Natasha Henstridge.				
		16	KAYU	- 373	House "Poison"		King of the Hill	American Dad	The Simpsons	King of the Hill	Family Guy	American Dad	News (N)		
		19	CHTV	- -	Vanity Insanity (DVS)		Inside Hollywood (DVS)		Extreme Makeover: Home	Impact (2008, Action)	Natasha Henstridge.				
		22	KSPS	- 374	Lark Rise to Candleford		Nature (DVS)		Masterpiece Mystery! (N) (DVS)		West Coast	MI-5			
news		15	CBCN	502 -	CBC News: Sunday Night (N)		Citizen Black ** (2004, Documentary)				CBC News: Sunday Night	Citizen Black			
		54	CTVN	501 391	CTV News Weekend		News	CTV News	News	CTV News	News	CTV News	News		
		20	TSN	400 400	(6) Boxing (HDTV)		SportsCentre (HDTV) (Live)		Motoring 2009		World Poker Tour				
		23	net	408 418	MLB Baseball: Dodgers at Angels				Sportsnet Connected		Sportsnet Connected		Poker		
		94	SPEED	417 406	Victory Lane	Wind Tunnel-Despain	Pinks Outtakes		Wrecked	Wrecked	Wrecked	Wrecked	SuperCars		
		94	SCORE	410 403	Strikeforce		Pokerstars Caribbean Adv.		Poker Equalizer.		Final Score	Final Score	Final Score		
		14	YTV	552 543	Mrs. Doubtfire *** (1993, Comedy)		Robin Williams, Sally Field, Pierce Brosnan.					In Real Life	Adrenaline Proj		
		17	TREE	553 546	Friend Rabbit	Miss Spider	Bucket-Dinos	Toy Castle	Tipi Tales	Dragon (DVS)	Backyardigans	Ni Hao, Kai-Lan	Go, Diego, Go!		
		45	FAM	557 541	Natural-Sadie	Latest Buzz	That's-Raven	Zoey 101	Life Derek	Han. Montana	Camp Nowhere ** (1994, Comedy)				
		25	A&E	615 520	Gene Simmons Family Jewels		Hammerite (HDTV) (N)		Gene Simmons	Gene Simmons	Bounty Hunter	Bounty Hunter	Gene Simmons		
cable variety		29	FOOD	603 561	Iron Chef America		Jamie Oliver's Ministry		Restaurant Makeover		Get on Plate	Food Detective	Iron Chef Am.		
		32	DISC	520 505	Sperm Race	Time Warp (N)	MythBusters		Anthony Bourdain		The Great Sperm Race				
		38	SPIKE	628 584	Ultimate Knockouts 7 (N)		Guy's Choice 2009 (HDTV) (N)				Guy's Choice 2009 (HDTV)				
		43	SPACE	627 528	The Terminator *** (1984, Science Fiction)				(9:15) Battistar Galactica ** (2003, Science Fiction)						
		50	STAR	621 56	Star Yearbook		Girl Next Door	Fabulous Life	Star Yearbook		Canada's Next Top Model		Girl Next Door		
		161	SUPER		The Closer		Burn Notice		Trust Me	(9:45) Custer/2007 Drama.			Suburban Girl		



Billy Joel and his wife Katie Lee are splitting up, tvguide.com reports. "After nearly five years of marriage, Billy and Katie have decided to separate," reps for the couple told the Daily News in a statement. **METRO NEWS SERVICES**

Billy goes his own way

Celebrity Buzz

Brangie's \$1M charity gift

PHILANTHROPY Brad Pitt and Angelina Jolie have donated another \$1 million US to charity, femalefirst.co.uk reports. The couple pledged the sum through their Jolie-Pitt Foundation to help refugees fleeing the Taliban in Pakistan.

Earlier this week, Jolie — who has visited Pakistan three times in recent years — recorded a message highlighting the plight of displaced people living in war torn regions.

The 34-year-old actress — who is a Goodwill Ambassador for the

United Nations High Commission on Refugees — said in the video: "Please don't turn away. Refugees are the most vulnerable people on Earth. Every day, they are fighting to survive. They

deserve our respect. Please do not forget them. Remember them on this day. World Refugee Day. World Refugee Day is on Saturday.

The donation comes just days after they gave \$1 million to St. John's Hospital in Pitt's hometown of Springfield, Mo. The money will be used to establish an endowment fund to pay for children's cancer specialists and will also go towards building a new pediatric unit.

METRO NEWS SERVICES



GETTY IMAGES

Madonna pulling out all the stops

NEW ARRIVAL Madonna is sparing no expense in preparing for the arrival of her newly adopted daughter, Mercy James. In fact, she's reportedly enlisted the help of actress Gwyneth Paltrow to design the young Malawian girl's room.

"Madonna was so impressed with her daughter

Apple's room that she asked Gwyneth to help her kit out Mercy's new bedroom," a source told the Sun.

"Madge wants Mercy to feel like a little princess when she arrives."

METRO WORLD NEWS



Lindsay's party foul

PARTY POOPER Lindsay Lohan is spoiling the fun for celebrities who use Twitter after she allegedly gossiped about Justin Timberlake on the micro-blogging site while hanging out at Avenue nightclub in New York City, according to Contact Music.

Now the owners of the club want to put a stop to such behaviour.

"Celebrities that Twitter about other celebrities will no longer be welcome at Avenue," they said.

Lohan, meanwhile, claims that her Twitter account was once again hacked and that she did not post the offending entry.

METRO WORLD NEWS

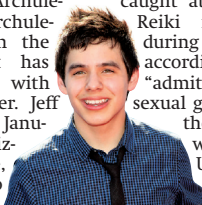


Idol dad caught at rub-n'-tug

BAD DAD American Idol runner-up David Archuleta's dad, Jeff Archuleta, is back in the news, but it has nothing to do with his son's career. Jeff was busted in January for patronizing a prostitute, according to

Salt Lake Tribune. He was caught at the Queens of Reiki massage parlor during a police raid, and according to police, he "admitted to receiving sexual gratification from the masseuse." Jeff was fined \$582 US.

METRO WORLD NEWS



All in the Cyrus family

LIKE THE JACKSONS Move over Miley: There's a new Cyrus in the spotlight, people.com reports.

The star's older sister, Brandi Cyrus, recently performed with her band Frank and Derol, which includes lead singer Codi Caraco and Secret Life of the American Teenager star Megan Park on bass.

The group made their big debut opening for another Cyrus of

note — Brandi's dad Billy Ray — at Los Angeles' House of Blues on Sunday.

But this wasn't the first gig for Brandi, 22. She's been a guitarist for Miley on tour and on Hannah Montana.

"We have been working so hard, rehearsing every day," said Park.

"Honestly, I just couldn't wait to get up and do it again!"

Out to support Brandi's first major public performance: Miley's ex, Justin

Gaston, who was spotted in the VIP balcony and stayed til the end of the show. Miley, meanwhile, was in Georgia filming her new film The Last Song.

The all-girl band plans to continue performing while pursuing a record deal.

METRO NEWS SERVICES



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Cher shows support for transgender Chaz

GOOD MOM Cher has come out in support of her daughter Chastity Bono's plans to undergo gender reassignment surgery and become a man named Chaz.

"Chaz is embarking

ing on a difficult journey, but one that I will support," Cher said in a statement, according to Hollyscoop.

"I respect the courage it takes to go through this transition in the glare of public scrutiny, and although I may not understand, I will strive to be understanding. The one thing that will never change is my abiding love for my child."

METRO WORLD NEWS



Rihanna seen with Canadian boy toy

DOING HIS COUNTRY PROUD Rihanna turned heads again with

"They came and went separately within minutes of each other and were being really cute," a source said. "Flirting and lots of touching."

Though they've denied any relationship, the two were last spotted making out last month at another NYC party.

METRO WORLD NEWS



I'm not a sex symbol: Ryan

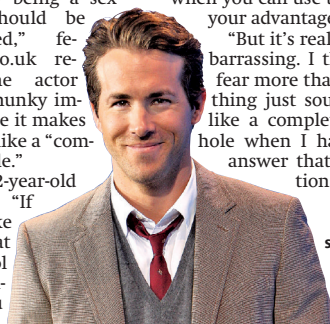
TOUGH STANCE Ryan Reynolds thinks people who enjoy being a sex symbol should be "euthanized," femalefirst.co.uk reports. The actor hates his hunky image because it makes him seem like a "complete a-hole."

The 32-year-old actor said: "If you take any of that sex symbol stuff seriously, you

need to be euthanized — ASAP! There are moments when you can use that to your advantage.

"But it's really embarrassing. I think I fear more than anything just sounding like a complete a-hole when I have to answer that question."

METRO NEWS SERVICES



her alleged new boyfriend, Canadian actor and musician Aubrey Graham at the Year One premiere in New York, Hollyscoop reports.

Dangerous life as surrogate

HIGH STAKES Agreeing to act as a surrogate mother for Sarah Jessica Parker and Matthew Broderick can be dangerous, it seems.

Two Ohio police chiefs are under in-

vestigation for allegedly trying to break into the Michelle Ross' home in a search for material to sell to tabloids, according to TMZ. Ross had moved out because of similar break-ins.

METRO WORLD NEWS





Friday
Showers late
24°C / 8°C



Saturday
Partly cloudy
22°C / 10°C

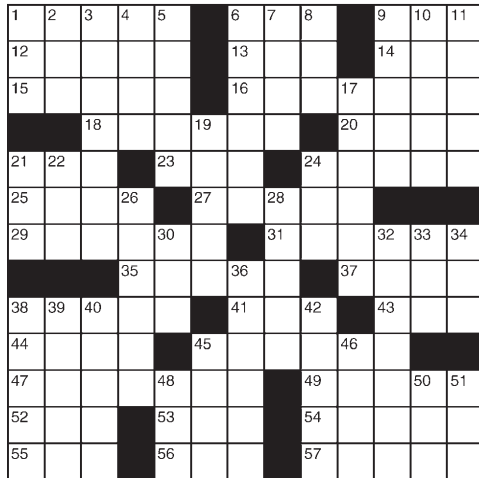


Sunday
Mostly cloudy
23°C / 10°C



Michele McDougall, Weather Specialist & Host - Breakfast Television

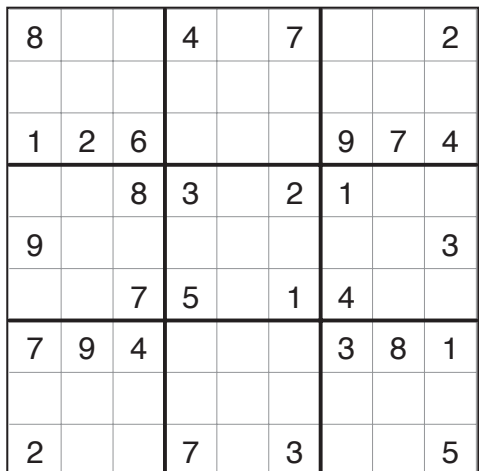
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" **WEEKDAYS AT 6 A.M.**



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Crossword across

- | | | |
|--------------------------|-----------------------------|--|
| 1 "Fidelio" or "Faust" | 25 Jeopardize | 47 Country named for an imaginary line |
| 6 Wildebeest | 27 Andean beast | 49 Deliver a speech |
| 9 Summertime elec. users | 29 Story of Sandy and Danny | 52 — U.S. Pat. Off. |
| 12 Kitchen gizmo | 31 Mystery writer Dorothy | 53 Affirmative action? |
| 13 Disencumber | 35 Starsky's partner | 54 Start |
| 14 Deteriorate | 37 Ella's style | 55 Witness |
| 15 Prove false | 38 Started | 56 Tummy muscles |
| 16 Frugality | 41 Cock and bull? | 57 USA Network whodunit series |
| 18 There from birth | 43 Bond, e.g. | |
| 20 Portent | 44 Arab League member | |
| 21 Deadly snake | 45 Easter chapeau | |
| 23 Life time? | | |
| 24 Cognizant | | |

Crossword down

- | | |
|--------------------------|-------------------|
| 1 Scepter topper | 28 Wan |
| 2 Chart format | 30 Heat source |
| 3 Blackout of a sort | 32 Rapture |
| 4 Keep in check | 33 Knock |
| 5 Gladiators' venue | 34 Pigs' digs |
| 6 Fairy tale sister | 36 Triads, e.g. |
| 7 Pleasant | 38 1899 fighters |
| 8 Japanese vegetable | 39 Host |
| 9 Scent | 40 Measure |
| 10 Star-in-the-making | 42 Be nosy |
| 11 "Gypsy" composer Jule | 45 Nitwit |
| 17 "Fuhgeddaboutit" | 46 Sea flock |
| 19 Shoelace tip | 48 Genetic stuff |
| 21 S.A. nation | 50 Sleuth (Sl.) |
| 22 Round Table address | 51 Ordinal suffix |
| 24 "I — Camera" | |
| 26 Big — (hot shot) | |

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	4	8	2	9	1	5	3	7
3	2	1	6	7	5	8	9	4
7	5	9	8	4	3	6	2	1
8	7	5	4	3	2	1	6	9
4	1	3	9	6	8	7	5	2
2	9	6	1	5	7	3	4	8
1	8	4	5	2	6	9	7	3
5	3	2	7	8	9	4	1	6
9	6	7	3	1	4	2	8	5

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

- | | |
|-------------------------|-----------------------------|
| Under 13 min.....Genius | 17-21 min.....Smart |
| 13-17 min.....Scholar | 21-25 min.....Not bad |
| | 25+ min.....Keep practising |

Metro Recipe of the Day



Veal and Mushroom Salad with Basil

INGREDIENTS:

- 1 lb (500 g) veal or chicken schnitzels, cut thin
- 5 tbsp (75 ml) olive oil
- 1 clove garlic, finely chopped
- 3 scallions, finely sliced
- 1 lb (500 g) mixed small mushrooms, such as button, Swiss brown (cremini) or shiitake, sliced
- salt and freshly ground black pepper
- 1 cup (250 ml) basil leaves
- 2 oz (50 g) Parmesan, in one piece
- 4 tbsp (60 ml) beef stock (broth)
- 2 tbsp (25 ml) port wine
- 2 tbsp (25 ml) balsamic vinegar
- 5 oz (150 g) cherry tomatoes, halved

METHOD:

- Cut veal into thin, even strips. Heat 3 tbsp (45 ml) oil in nonstick pan over high heat. Sear veal briefly both sides. Add garlic and scallions; cook 1 minute. Transfer to plate and keep warm.
- Heat remaining 2 tbsp

(25 ml) oil in pan. Fry mushrooms over medium heat 5 minutes. Add salt and pepper to taste. Transfer to plate. Slice basil finely; keep few leaves whole for garnish. Use vegetable peeler to shave Parmesan into thin slices. 3. Place stock and port in pan in which veal was cooked; bring to boil and cook briefly over high heat, stirring in juices and any crusty pieces from meat. Transfer to bowl. Add vinegar and salt and pepper to taste. When cooled completely, mix in two thirds of chopped basil. 4. Combine veal and mushrooms; place on serving plate. Drizzle on stock mixture. Top with Parmesan. Garnish with remaining chopped basil, whole basil leaves and tomatoes.

SERVES 4



Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20
Your way with words will win you friends and admirers today but if you want to make use of them, you had better be quick.



TAURUS
APRIL 21-MAY 21
Money may not be the centre of your universe exactly but it is important and you must make sure you get what you have earned.



LIBRA
SEPT 23-OCT 23
Your confidence has been sky-high of late and if you use it to make more of an impression on the work front today, your reputation will soar.



SCORPIO
OCT 24-NOV 22
The Sun's move into your fellow Water sign of Cancer this coming weekend will mark the start of a more adventurous phase.



GEMINI
MAY 22-JUNE 21
Before the Sun moves out of your birth sign on Sunday you have just enough time to dream up a few more big ideas.



SAGITTARIUS
NOV 23-DEC 21
Don't be too eager to confide your anxieties to people you don't know for certain you can trust.



CANCER
JUNE 22-JULY 22
There is something of a personal nature you need to deal with before you can move on to bigger and better, and more interesting, things.



CAPRICORN
DEC 22-JAN 20
You have worked your socks off these past few weeks and deserve the break you are planning. But don't take it just yet.



LEO
JULY 23-AUG 23
You may wonder why so many people are being so nice to you but you have no good reason to be suspicious.



AQUARIUS
JAN 21-FEB 18
Take time out from your busy schedule to remind someone special what they mean to you. True love is now, not later.



VIRGO
AUG 24-SEPT 22
You need to get over your shyness and approach someone in a position of power. If you don't do it now the opportunity will pass.



PISCES
FEB 19-MARCH 20
A half-forgotten dispute will come to the surface again today and this time you must deal with it once and for all.



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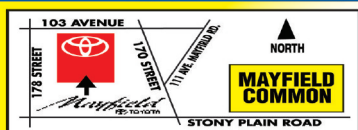
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